

River Rock Treatment Center Green Mountain Care Board Letter of Intent

Donna Jerry
Green Mountain Care Board
144 State Street
Montpelier, VT 05602

Purpose:

This letter is to request a jurisdictional determination from the Green Mountain Care Board (GMCB) for the proposed project by River Rock Treatment LLC.

Need/Proposal:

On October 6th, 2020, River Rock Treatment (RRT) LLC submitted a request for a jurisdictional determination for a project that was more expansive than it is now going to implement. Following a number of conversations with GMCB staff and our organization, River Rock Treatment has decided to change its business plan and growth strategy. This change is implemented by capping the number of clients to ten whereby RRT will have less groups and will require less staff (FTE) in order to begin working with those in need in the community beneath the \$500,000 annual operating expense threshold. Furthermore, if we foresee a need to grow into a business with an annual operating expense of \$500,000 or more we will contact the Green Mountain Care Board immediately and seek a Certificate of Need as an existing business with its own data to prove the need. Lastly, this follow-up request is for a jurisdictional determination from the GMCB for the current project by River Rock Treatment LLC.

Given the above changes, we are excited to start small and to determine what the actual need for treatment is in Chittenden County. With that said, it is clear that COVID-19 and the overall state of mental health in the United States is exposing a deeper level of the addiction/mental health epidemic that has been plaguing the US for many years.

River Rock Treatment LLC is a privately owned, clinically driven outpatient center to be opened in Burlington, Vermont in late 2020. River Rock Treatment is focused on creating a supportive, impactful and thriving community for men and women 18+ overcoming substance use disorder in Chittenden County through Intensive Outpatient (IOP) and Outpatient (OP) models of care. River Rock Treatment will accept self-pay and/or private insurance (commercial funding). Our services will provide an opportunity for higher quality, personalized treatment. We see a need for River Rock Treatment in the number of Substance related deaths and disorders. For example, according to the Vermont Department of Health Division of Alcohol and Drug Abuse Program (ADAP), the amount of people in need of treatment has increased year over year and over 10% in the last decade. Not to mention, the published article "ADAP Substance Use During COVID19 Q2" states that opiate overdoses have increased 50% in the first six months of 2020 compared to 2019. Lastly, according to a healthvermont.gov, Vermonters have higher drinking rates and marijuana use than the country overall AND Vermonters aged 18-25 have among the highest heroin use rates in the country.

River Rock Treatment LLC offers an evidence-based, holistic approach to substance use disorder treatment focusing on skills based therapeutic modalities, community resourcing, trauma informed care

practices and the building of relationships between clients and staff. The organization uses a minimum 90-day approach followed by aftercare and family groups.

River Rock Treatment LLC utilizes the following evidence-based approaches:

- Clinical and Medical Assessments
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Motivational Interviewing
- EMDR Therapy
- Trauma Informed Care practices
- Urine Drug Testing
- Mindfulness and Meditation

To engage clients served, River Rock Treatment LLC will provide direct client care to the people of Chittenden County through individual therapy, group psycho-therapy, group psycho-education, encouragement of 12-step involvement, and therapeutic Assignments. To retain clients served, River Rock Treatment will focus on establishing and maintaining therapeutic rapport. The goal of River Rock Treatment is to provide unmatched care by creating a safe, healing environment with a focus on non-adversarial, non-confrontational approaches. You can see in the table below that all of our clinical and therapeutic services will be provided by one full time equivalent Vermont Licensed therapist. The rest of the work consisting of: admissions, administrative, case management, and coaching will be done by one full time equivalent worker.

SERVICE	LEVEL OF PROVIDER	FULL TIME EQUIVALENT	ON OR OFF SITE
Client intake and assessment	Licensed Therapist (LPC, LCSW, LADC)	One	On Site
Group Therapy			
Individual Therapy			
Other Clinical Services			
Admissions and Administrative	B.A. Psych and Certified Life Coach	One	On Site
Case Management and Coaching			

Intensive Outpatient Program (IOP) description:

The IOP program consists of a minimum of 9 hours of group and individual therapy per week over the course of a minimum of 3 days per week. IOP programming consists of a core set of groups designed to offer clients the resources for multi-dimensional instability. IOP programming can be used for clients as a step down from an outside Partial Hospitalization program (PHP) or residential treatment. Also, it could also be a step up from an internal or external Outpatient Program (OP). The main component of the IOP program will be Dialectical Behavioral Therapy (DBT) skill integration. River Rock Treatment believes strongly that in order to foster long term recovery, emotional regulation skills are critical for each client. IOP groups will be offered only in the evening from 5:30pm to 8:30pm. Clients will be assessed based on American Society of Addiction Medicine (ASAM) assessment criteria.

Mindfulness/ Intentions	DBT	Staff Meeting	Relapse Prevention
Break	Break		Break
Education	12-step		CBT
Break	Break		Break
Process	Process	Individual / Medical Sessions	Process/Weekend Planning
Individual Sessions	Individual Sessions		

Who:

My name is Jae Bowman and I am the co-founder of River Rock Treatment and a resident of South Burlington, Vermont with my wife, Katie Bowman, who is a graduate of UVM and now a clinical Therapist based in Richmond, Vermont. I have been sober from drugs and alcohol since February 2011. My life has been devoted to recovery, and the recovery community, for nearly a decade. I am passionate about helping people, and families, get the help and resources needed to recover. I went through private insurance paid treatment and lived in a residential recovery house for a year in North Carolina. This was the best thing that ever happened to me. As a result, creating this center has been a dream of mine for many years. I want to provide treatment, resources, and community for others affected by the same affliction. With the help and direction of longtime friend Cody Gardner (Co-founder) the dream is becoming a reality in Burlington, Vermont. The need is clear, evident, and urgent. Cody Gardner has worked in the treatment industry for over a decade with multiple positions such as: program creation, management, G-Suite, national business development, administration, and consulting small and large business across the country; which have led him to currently be a co-founder of two other treatment centers in Longmont and Fort Collins, Colorado. Those facilities are a separate entity from River Rock Treatment. We will start with the services previously mentioned and from there we plan to focus on providing the best clinical treatment in Vermont where anyone would feel confident sending their family member. We feel fortunate, and confident, to have experience and expertise on both sides of this endeavor.

Expenses:

River Rock Treatment will provide private Substance Use Disorder treatment to Burlington, Chittenden County, and Vermont as a whole. River Rock's privately funded and will not carry large capital expenses, we are leasing a 2,000 square foot facility at 125 College St. on the 5th floor in Burlington to run the program (no construction needed to floor plan), we will furnish the facility, build a website, and we will buy some programs for medical records, billing, and customer relationship management. Other than those, we do not have any other capital expenses. We do not envision growing out of the College Street space in three years; furthermore, we are planning to grow into the 2,000 square foot location, we will occupy 1,500 square feet in year one and 2,000 square feet in years two and three. With that said, capital expenses in the first year will be \$50,000. For years two and three, River Rock will make upgrades and changes to existing systems, but the capital expenses will not go beyond the \$30,000 in years two or three. Regarding Annual Operating expenses, of rent, billing, salary fringe, marketing, insurance, and other recurring payments, year one will be \$291,150. Following year

one, River Rock is projected to have increased annual operating expenses of \$350,942 in year two and \$385,142 in annual operating expenses by year three. Frankly, the main difference from years one to three is the additional expense of paying off loans and bringing on a part time worker to help with admissions, administrative work, and general office needs.

In Summary:

River Rock Treatment is endeavoring to open a small, clinically driven outpatient center in Burlington VT with a highly controlled expense forecast that would keep the overall expenses significantly under the \$500,000 per year threshold that could trigger a review. Should River Rock Treatment foresee that the organization will cross the above threshold we will contact the GMCB immediately.

With Gratitude,

Jae Bowman
Co-Founder and Managing Director
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